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Guyanese Attorney Faces Election Fraud Charges

By Felicia J. Persaud
News Americas

Queens district leader and two-time candidate for the City Council, Guyana-born attorney, Albert Baldeo, has entered a not-guilty plea during his March 1st arraignment before Judge Paul A. Crotty.

Baldeo was last October slapped with conspiracy to commit mail fraud, attempted mail fraud, conspiracy to commit obstruction of justice and obstruction of justice charges, stemming from what prosecutors said were campaign-finance improprieties.

They claim he used phantom donors to fund

illegal campaign contributions to his unsuccessful 2010 campaign for the Council as part of a fraudulent effort to increase the amount of matching funds he would have been eligible from the New York City Campaign Finance Board.

But irregularities were uncovered in an audit by the Campaign



ATTORNEY, ALBERT BALDEO
plea of not-guilty to fraud

Finance Board, which passed the information along to the authorities, and no matching funds were ultimately provided to the campaign.

According to the government, Baldeo fabricated contributions to his campaign to receive \$6 in matching funds for every \$1 he reportedly raised.

Baldeo appeared with his Attorney Henry E. Mazurek at the arraignment. A pretrial conference is scheduled for April 19th.



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Disease Threatens Gay Men

By Kim Walker
Street Hype Writer

The New York City Health Department on Wednesday (March 6) issued new recommendations for vaccinating against invasive meningococcal disease – commonly known as meningitis—after an increase in cases. Vaccinations are now advised for men, regardless of HIV status, who regularly have intimate contact with other men met through a website, digital application (“App”), or at a bar or party.

Four new cases of meningitis among men who have sex with men have been reported since the beginning of January, bringing the total to 17 cases since 2012.

There have been 22 reported cases—including seven fatal cases – since 2010.

Continued on page 4

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Editorial

We need to take control of our politics!

In modern society and organization we use politics as the way we elect our leaders, choose government officials and make decisions about public policy.

As provided under the US constitutions, our political discourse focuses on democracy and the relationship between people and politics. It is the fundamental rights of every law-abiding citizen to vote or to make themselves available for political or other public offices.

New York City, however has a problem as a large percent of its eligible citizens don't participate in the voting process.

As noted by the Capstone Report for the New York City Campaign Finance Board, in the 2009 general election for mayor, fewer than one in five New Yorkers of voting age cast a ballot (18.4 percent). In the November 2010 federal midterm and New York state elections, turnout in the city was significantly lower (28 percent) than in the rest of the state (53 percent) and nationally (46 percent).

The reports said lower income people turn

out less than those with higher incomes. And ethnic and racial minorities have lower voter turnout rates than the white population.

These issues are of concerns to us as African American and Caribbean nationals are among New Yorkers who don't exercise their rights to vote.

This year will be a very busy season for New York City politicians, as over three hundred candidates will be seeking to fill several positions at the city, state and federal level in the November 5, 2013 elections.

We find it very ironic that Caribbean nationals especially Jamaicans are not very excited about US politics as in their homeland.

Haitians, Jamaicans and Guyanese are very political to the extent that they would discriminate and kill each other to settle a political score.

In the midst of threats, while, in their homeland, Caribbean people take their politics very serious, but ignore a more orderly and less confrontational US politics.

The inequitable citizen participation has important implications for the electorate. Voters can influence the decisions that allocate public resources and affect policies that govern their lives while those who do not are at a disadvantage. The more a community is involved in local elections, the greater the chances that the candidates will listen and seek to address their issues and concerns.

We need to take control of our politics and get government to work and operate in our best interest. The police, fire fighters, teachers and health workers take their instructions and orders from politicians in the City Council, State Senate and Congress.

We are therefore urging all readers especially African American and Caribbean nationals to get involve in the political process and be prepared to vote in the November 5 elections.

The Democrats and the Republicans as political parties are usually not the solutions. We should therefore vote for the issues and not personalities.



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The opinions expressed in this newspaper, except for the above, do not necessarily reflect the views of Street Hype Newspaper and its publishers. Please send your comments and or suggestions to editor@streethypenewspaper.com. Responses should be no longer than 400 words. Not all articles will be published

people are talking...! What's Your Passion?

Passion is an overwhelming feeling of attraction for something or someone that is an emotional response not based on reason or cognition. People can be passionate about a hobby or their work.

They can be passionate about an idea or social movement. They can be passionate about other people in their lives. When people feel passion, they are no longer indifferent about something or someone in their lives.

Passion is a key factor for leadership. Effective leaders are passionate about achieving a goal or objective; passion increases their commitment. Passionate people have greater dedication because of their strong desire to reach a goal. Passion functions as a personal motivator for leaders, encouraging them to take the specific actions necessary to achieve a goal. It contributes to developing the enthusiasm and confidence necessary to lead others.

Only you can decide what you feel passionate about. It may be a cause, a job, or relationships with your family. You may already know what you feel passionate about based on your interests and experiences. Because passion is an emotion, it is difficult to contain or control once it is ignited.

When you become involved with something you feel passionate about, it is easier to remain focused and inspired. Your passions also reflect your values and implicitly communicate these values to others. For example, if you are passionate about improving social conditions, others perceive that you are dedicated to helping people.

Despite the importance of passion for leadership, it can be harmful if the passion grows into an obsession to achieve a goal or

Dr Neva Speaks



neva@nevaalexander.com

objective, which occurs when a person becomes excessively focused on achieving a goal with all energy directed to a single purpose. Followers often recognize leaders motivated by obsessive passion and are less motivated by these leaders because they are uncertain if the need to achieve the goal advocated by the leader is legitimate or a manifestation of the leader's obsession.

You can leverage your passion to improve your ability to lead others. As a result, you should recognize the things you

feel most passionate about and understand the degree of emotion you feel. At the same time, you should understand that passions tend to change over time. What you feel passionate about today may not be what you feel passionate about in years ahead.

As a result, you should periodically consider whether you still feel passionate about the same things or people as you have in the past. This will improve your understanding of your passions and its usefulness in leadership.



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NEWS



Senator Kevin Parker (D-Brooklyn) presents one of several woman a certificate of merit in celebration of "Women's History Month-March" on Friday (March 8) held in Brooklyn. This year's theme is Women Inspiring Innovation Through Imagination: Celebrating Women in Science, Technology, Engineering and Mathematics, a theme that was created by a woman from Johnstown, New York.

Pastor and Mortgage Broker Convicted of Fraud

Michael Wilkerson, 47, Pottstown, Pennsylvania, and Denise Haines, 43, Birdsboro, Pennsylvania, were on Wednesday (February 27) convicted of engaging in a scheme to defraud JP Morgan Chase's predecessor, Chase Manhattan Bank, by fraudulently obtaining home loans valued at more than \$6 million for properties located in Schwenksville and Glenmoore, Montgomery County, Pennsylvania.

Wilkerson, pastor of New Millennium Life Restoration Fellowship, with locations in Phoenixville and Spring City, recruited several of his congregants and the congregants' families and friends to participate in a number of real estate transactions. If they had good credit and acted as straw purchasers—meaning they would sign loan documents as the purchaser of a house and attend the property settlement—Wilkerson would pay them \$15,000. Wilkerson paid the recruits another \$5,000 if they referred other straw purchasers to him.

Wilkerson recruited at least six individuals who agreed to be straw purchasers of homes. Denise Haines, a mortgage broker with American Group Mortgage Corporation, submitted fraudulent loan applications in the transactions to Chase Manhattan Bank. These fraudulent loan applications falsely represented the appraised value of the homes, the identification of the straws, the source of funds, the borrower's income and assets, and their intent to take possession of the homes as their primary residence. Based on the representations made in the loan documents, Haines knew she could get Chase Manhattan Bank to approve the loans with little verification of the information on the loan applications.

Wilkerson's wife Joyce, who pleaded guilty, assisted in the scheme by writing out the checks to the straws and also pretended to be a co-purchaser of each of the homes at the time of settlement.



Michael Wilkerson

Lee Garell, a real estate broker who pleaded guilty, prepared the sales paperwork for each of the homes that was sold to the straw borrowers and, along with Michael Wilkerson, dictated the fraudulent terms set out in the settlement sheets.

When the loans were funded at the time of settlement, the defendants manipulated the documents prepared at settlement and, later, forwarded the settlement documents to Chase Manhattan Bank to make it appear to the bank that the straw borrowers brought considerable cash to the closings. In fact, all of the money involved at the settlement actually came from Chase Manhattan Bank. The defendants shared in the profits from the fraudulent sales.

After settlement on the homes, Wilkerson took possession of all of the homes, rented at least two of them and lived in another. He paid the mortgages with the proceeds from the fraudulent mortgage transactions and with rental income for approximately six months and then told the straw purchasers that they had to pay the mortgages. This last act led to the loans falling into default and then foreclosure, resulting in a loss of approximately \$3 million.

U.S. District Court Judge Mitchell S. Goldberg scheduled a sentencing hearing for June 3, 2013, for Michael Wilkerson and for June 17, 2013, for Denise Haines. Each faces a maximum possible sentence of 180 years in prison, five years' supervised release, a fine of up to \$6 million, and a \$600 special assessment.

Sentencing hearings are scheduled for Garell and Joyce Wilkerson on April 30, 2013, and May 6, 2013, respectively.

Disease Threatens Gay Men

Continued from page 1

"Meningitis symptoms usually come on quickly, and the disease can be fatal if not treated right away," said Health Commissioner Dr. Thomas Farley. "Vaccination is the best defense. I urge all men who meet these criteria – regardless of whether they identify as gay – to get vaccinated now and protect themselves from this disease before it is too late."

This disease is both potentially fatal and extremely contagious, so increasing the public's awareness to this growing issue and encouraging vaccination are of the utmost importance."

The Health Department also continues to recommend vaccinations for all HIV-positive men who have sex with men. Individuals who are not sure if they

meet the criteria are advised to discuss their need for vaccination with their health care providers.

Vaccination prevents, but does not treat, current infection. Common symptoms of meningitis are: high fever, headache, stiff neck, and rash that develop rapidly upon onset. Symptoms may occur two to 10 days after exposure, but usually within five days. Meningitis can be fatal if not treated promptly. People who experience these symptoms should seek medical care immediately.

People should first ask their health care providers if they have the vaccine. For those who cannot obtain the vaccine from their health care providers, Health Department clinics can administer the vaccine. Locations are listed at the Health Department's Site Locator.

The recent meningitis cases have affected men throughout the five boroughs. Elected officials throughout the City are encouraging people to get vaccinated.



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NEWS

Suspect Charged With Murder Of Men Found In Queens Fire

QUEENS:

Authorities have charged a man with murder in connection with the deaths of two men whose bodies were found along the Belt Parkway last week.

Investigators say Rogelio Rodriguez, 34, and three other men shot and stabbed Rudy Superville and Gary Lopez after finding out the two were planning to rob Rodriguez's home.

Authorities say Superville went to the Bushwick house, where he found Rodriguez and the others waiting for him.

They allegedly forced him to lure Lopez to the home, where he, too, was attacked, according to investigators.

Firefighters discovered the bodies on March 6 while putting out a brush fire in Howard Beach.

If convicted, Rodriguez could face 25 years to life in prison.

Investigators are still searching for the other suspects.

Anyone with information on the case should contact the Crime Stoppers hotline at 1-800-577-TIPS, or text CRIMES and then enter TIP577, or visit www.nypdcrimestoppers.com.

Brooklyn DA Urged To Investigate Police Killing Of Teen

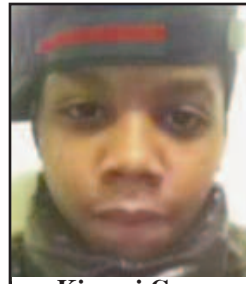
News Americas:

Even as former Mayor David Dinkins was praising Brooklyn District Attorney Charles "Joe" Hynes at his re-election fundraiser earlier this week, a Caribbean American organization was calling for his office to investigate the shooting to death by two New York City Police officers of a Caribbean American teen.

The Caribbean Guyana Institute for Democracy says the parents of 16-year-old Kimani "Kiki" Gray deserve the truth and to find out exactly why their son was shot to death with seven bullets on March 9th in the heavily West Indian area of East Flatbush in Brooklyn.

The CGID's comments come as a protests continued for a third consecutive night Wednesday in Brooklyn as many youth demanded answers and said the police is constantly harassing their community.

Dozens chanted "NYPD, KKK, how many kids did you kill today" as they



Kimani Gray

climb on police motorcycles. Men and women were pepper-sprayed and thrown to the ground and handcuffed.

Burke said the disturbance Wednesday night only erupted in East Flatbush after the sister of Kimani Gray was beaten by police and arrested.

Burke said the beating and arrest of Kimani Gray's sister cannot be justified and the tearing down of posters of Gray at the vigil by police officers is unacceptable.

He also wants the U.S. Justice Department to intervene and slammed more elected officials and community leaders for

not weighing in on the killing.

The silence is deafening!," said Burke.

"The only elected official that has shown leadership 'on the ground' is Councilmember Jumaane Williams. And in my humble opinion, he needs help and support from his colleagues," added the CGID head. "I understand if some folks don't want to comment on the shooting in and of itself. But at least every one needs to appeal for calm, tranquility and a cessation of violence on both the part of the police and protestors, as well as the wanton destruction of our own community."

"This unwarranted aggression by the police is inciting the community and has exacerbated the anger and tension," said Burke. "Regardless of what the facts of this shooting are, the police didn't have to kill this kid and all of our leaders should at minimum go on record as calling for a thorough and independent review of the facts and circumstances to determine if the law was violated."

Stop And Frisks Reach 5 Million Mark

News Americas Now:

Stop and frisks by New York City Police Officers of mostly black and Latino New Yorkers reached a whopping five million on Thursday, March 14th, the New York Civil Liberties Union disclosed.

The news comes as protests continued last night over the police shooting death of Caribbean American teen, Kimani Gray.



About 4.4 million of the stops, or 88 percent, were of completely innocent people as they didn't result in an arrest or a ticket while more than 86 percent of people stopped were black or Latino, said Donna Lieberman, executive director, of the NYCLU.

"The NYPD's abusive and discriminatory stop-and-frisk practices have violated the constitutional rights of millions of people and corroded trust between police and communities of color across New York City," said Lieberman.

The group said the number in NYC

under Mayor Mike Bloomberg's watch is more stop-and-frisk encounters than the combined populations of Baltimore, Boston, Denver, Seattle, Detroit, San Francisco, Washington D.C. and Pittsburgh.

On Monday, a landmark federal trial led by the Center for Constitutional Rights begins a major challenge to the NYPD's stop-and-frisk abuses. Shortly thereafter, the NYCLU will argue for effective remedies to the systemic abuses that have been found in the NYPD's stop-and-frisk program in private apartment buildings.

Stop and frisks is the situation in which a police officer who is suspicious of an individual detains the person and runs his hands lightly over the suspect's outer garments to determine if the person is carrying a concealed weapon.

Bronx Teen Indicted For Attempted Murder

BRONX:

A 17-year-old teenager was recently indicted on charges of attempted murder and other offenses for allegedly throwing a 9-year-old boy from the roof of an apartment building.

The grand jury charged Casmine Aska, of 1545 Nelson Avenue, the Bronx, with one count of Attempted Murder in the second degree, one count of Assault in the first degree and one count of Assault in the second degree in connection with the alleged attack against Freddy Martin. Aska is facing up to 25 years imprisonment if convicted of the top charge Attempted Murder in the second degree.

The charges in the indictment are merely accusations and the defendant is presumed innocent unless and until proven guilty.

Aska is being held without bail and is scheduled to be arraigned on the indictment in State Supreme Court, Part 92 on March 6, 2013 before Supreme Court Justice Troy Webber.

The incident occurred on Friday, February 1, 2013 at 1545 Nelson Avenue in the Morris Heights section of the Bronx. According to court papers, Aska grabbed the young child by the legs and dragged him up a flight of stairs to the roof, picked him up and threw him from the roof. The victim remains on life support in a medically induced coma at New York-Presbyterian Hospital where he is being treated for numerous broken bones and severe internal bleeding.

The case is being prosecuted by Assistant District Attorney Paul Rosenfeld of the Trial Division.

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CARIBBEAN NEWS



Venezuelan president dies

Venezuela's President Hugo Chavez has died aged 58, after 14 years in power. Mr Chavez had been seriously ill with cancer for more than a year, undergoing several operations in Cuba.

Crowds of supporters gathered outside the Caracas hospital where he died, chanting "We are all Chavez!"

A self-proclaimed revolutionary, Hugo Chavez was a controversial figure in Venezuela and on the world stage. A staunch critic of the US, he inspired a left-wing revival across Latin America.

Following his death, Vice-President Nicolas Maduro will assume the presidency until an election is held within 30 days, Foreign Minister Elias Jaua said.

"It is the mandate that Comandante President Hugo Chavez gave us," Mr Jaua told state television, adding that Mr Maduro would also be the candidate of the governing United Socialist Party (PSUV).

It was not immediately clear when the election would take place.

Mr Chavez's illness prevented him



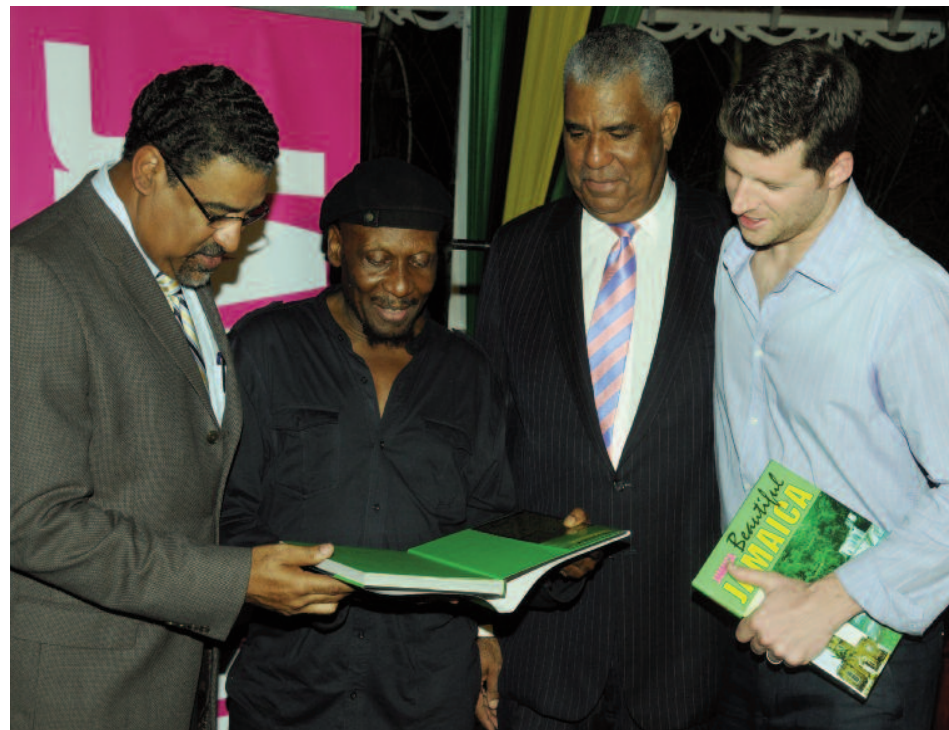
Hugo Rafael Chávez
Former President of Venezuela
July 28, 1954-March 5, 2013

from taking the oath of office after he was re-elected for a fourth term in October.

The exact nature of his cancer was never officially disclosed, leading to continuing speculation about his health, and he had not been seen in public for several months.

Seven days of national mourning have been declared and his body will lie in state until a funeral on Friday.

Opposition leader Henrique Capriles, whom Mr Chavez defeated in October's election, called on the government to "act in strict accordance with its constitutional duties".



SUPPORT FOR JAMAICA:

At the reception, (l-r) Jamaican Minister of Tourism and Entertainment, Wykeham McNeill; internationally acclaimed Jamaican musician Jimmy Cliff; JTB Director of Tourism John Lynch and Erik Nicolaisen, star of Volkswagen's "C'Mon Get Happy" Super Bowl advertisement Erik Nicolaisen were honored at a cocktail reception at the Jamaica Pegasus Hotel in Kingston. "The Jamaica Tourist Board felt it fitting to acknowledge both Jimmy Cliff and Erik Nicolaisen for their roles in bringing awareness to Jamaica," said Lynch. Cliff's song "C'Mon...Get Happy" from his award-winning album 'Rebirth' was featured in the VW commercial in which Erik Nicolaisen appeared as Dave, a Midwestern office worker with a Jamaican accent.

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Jamaicans Required Visas for Dutch islands

Kingston, Jamaica:

Visa requirements have been imposed on Jamaicans traveling to the remaining four Dutch Caribbean islands, effective February 1, 2013.

In 2011, the tiny Dutch island of St. Maarten, imposed visa requirements. In an advertisement in the daily newspapers here on Friday the consulate of the Kingdom of the Netherlands, served notice that all Jamaican nationals, traveling on a Jamaican or Caricom passport, will require a visa to enter the other Dutch islands of Aruba, Bonaire, Saba and St. Eustatius.

The consulate said a grace period had

been given until March 15 for Jamaicans who wish to travel to the islands of Bonaire, Saba and St. Eustatius, without a visa. However it is advising, that during this period, travelers should apply for a visa.

Visa applications submitted to the consulate, will be processed within three weeks.

In the meantime, Jamaican nationals, in possession of a valid multiple entry Schengen, Canadian or United States visa, do not require a Dutch visa to travel to the Dutch islands. The Schengen visa allows hassle free travel throughout the European Union.

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IMF approves US\$7.4 m for Haiti

WASHINGTON:

The executive board of the International Monetary Fund (IMF) completed the fifth review of Haiti's performance under the extended credit facility (ECF) arrangement on March 11, 2013. Completion of the review will enable an immediate disbursement of SDR 4.914 million (about US\$7.4 million), bringing total disbursements under the program to date to SDR 36.036 million (about US\$54.1 million).

Haiti's ECF arrangement was approved on July 21, 2010, together with the full relief on the country's outstanding debt to the Fund of about SDR 178 million (equivalent to US\$268 million). The debt relief, financed by the Post-Catastrophe Debt Relief (PCDR) trust fund and IMF financing are part of a broad international strategy to support Haiti's longer-term economic reconstruction plans.

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LEGAL ISSUES

US Implements New Visa Applications Policy for Jamaica

Kingston, Jamaica WI:

The United States Embassy will be implementing a new visa appointment system as of March 18.

The new process will apply to all US visas, as well as courier delivery services. In a release, posted on the Kingston embassy's website, the embassy said visa applicants will no longer pay for a Personal Identification Number (PIN), to schedule an appointment, or pay a separate delivery fee.

However, the visa application fee will remain the same.

To facilitate the system upgrade, there will be no scheduling of visa appointments by phone or online, between March 13 and 17.

Visa applicants, who do not have an urgent need to travel, are strongly encouraged to wait until March 18, or later, to begin the process of scheduling an appointment for their visa.

Customers who have already purchased a PIN to schedule an appointment must use that PIN no later than March 12, as all PINs will expire after that date.

Landlords Tenants' Rights

Emergency Conditions

If the problem you report is an emergency (e.g. severe leak, mold, or dangerous structural defect), the Department of Housing Preservation and Development (HPD) will send a uniformed Code Enforcement Inspector to the apartment to verify the reported conditions.

The inspector will then provide the tenant with the following materials:

A summary of issued violations; A complaint number

The date of inspection; The inspector's badge number

Brochures outlining the tenant's rights and responsibilities and the most common health and safety violations issued by HPD to help the tenant better understand his/her rights and responsibilities.

The landlord will also be notified of the complaint. If violation conditions are verified by the Inspector, a Notice of Violation will be sent to the landlord instructing him/her to repair the condition.

If the landlord fails to correct immediately hazardous conditions, HPD's Emergency Repair Program may repair the condition and bill the landlord for the cost of the repairs. Tenants can ask about the status of emergency repair work in their apartments by calling (212) 863-5510.

Taking Further Action against a Landlord

If the problem persists or the landlord refuses to repair the conditions, a tenant or group of tenants can take direct legal action against the building owner by filing a case with the New York City Housing Court.

This is called an HP Action. For more information about HP Actions, please visit the HPD website at <http://www.nyc.gov/html/hpd/html/tenants/housing-court-info.shtml>.

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SPORTS



Horace Burrell (2nd l) poses with Robert Levy, chairman of Tottenham Hotspur and members of the Bahamas Football Association at the recently held press conference.

Reggae Boyz Opposes Tottenham Hotspur

NASSAU, Bahamas —

Jamaica Football Federation (JFF) president Captain Horace Burrell announces an exhibition game between the World Cup-chasing Reggae Boyz and Tottenham Hotspur to be held on May 23, 2013 as an "exciting affair".

The match-up, marks the official opening of the new Thomas A Robinson National Stadium and The Bahamas 40th year of Independence celebrations. "This will be a game to remember, and let me tell

you that Jamaica will have its best players available for the game, and the people of The Bahamas can rest assured that the game will be an exciting one from start to finish," said Burrell at an official launch of the match at the newly built 15,000-capacity stadium in Nassau.

The new Thomas A Robinson Stadium, built with a combined spend of US\$50 million between the Chinese and The Bahamas governments, will in a few weeks host the Carifta Games.

Blake for Shanghai meet

PARIS, France (AFP):

World 100m champion and Olympic silver medalist Yohan Blake has been lined up to run in the Diamond League meet in Shanghai in May 2013 was confirmed by the International Association of Athletics Federations (IAAF).

Blake says "returning to China will bring good memories for me as it was there that I won my first major international medal as a junior athlete at the 2006 IAAF World Junior Championships". Earlier this month, Blake, 23 also announced that he will compete in the opening Diamond League meeting in Doha on May 10. The Shanghai event comes eight days later.



YOHAN BLAKE

The Jamaican sprinter, second behind Usain Bolt in the 100m and 200m at the London Olympics last year, has a 200m personal best of 19.26 seconds.

West Indies beats Zimbabwe to sweep series

NORTH SOUND, Antigua:

World champions West Indies made the most of Zimbabwe's lacklustre performance to win the final Twenty20 International by 41 runs and sweep the two-match series.

In a low-key encounter at the Vivian Richards Cricket Ground, West Indies posted 158 for seven from their 20 overs, with Kieron Pollard blasting an unbeaten 45 and opener Lendl Simmons hitting 41.

In reply, a jaded looking Zimbabwe never seriously challenged and meandered to 117 for six off 20 overs after they were slumped to 33 for three in the eighth.

With the result, West Indies extended their winning streak in T20s to seven dating back to last year's World Championship in Sri Lanka, and have now also won ten of their last 13 games.

Jamaican Sprinter Ban For Life

LAUSANNE, Switzerland:

Sport's highest appeals court has recently upheld the lifetime doping ban for Jamaican sprinter and former world relay champion Steve Mullings.

The Court of Arbitration for Sport says it dismissed the 30-year-old runner's appeal of the ban imposed by the Jamaican Anti-Doping Commission in November 2011 after his second drug offense.

Mullings tested positive for furosemide, a banned diuretic and masking agent, at the national trials leading to the 2011 world championships.

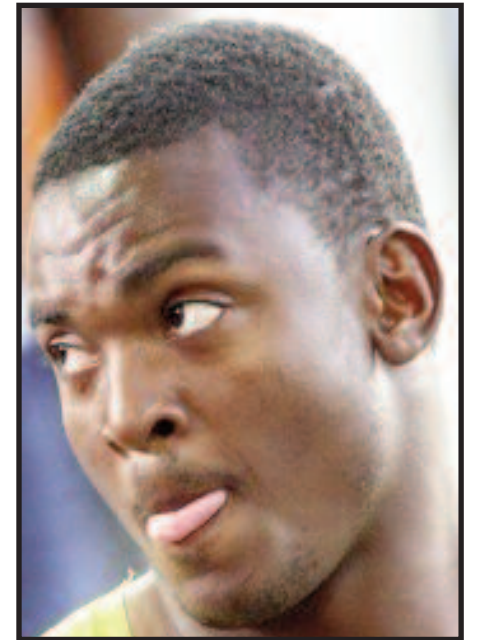
Mullings had served a two-year ban after testing positive for methyltestosterone in 2004.

CAS says its panel rejected the athlete's claims that his 2011 test was "unreliable" and there were "problems" with the 2004 result.

Mullings won gold in the 4x100-meter relay with Usain Bolt and Asafa Powell at the 2009 worlds.

CAS says its panel rejected the athlete's claims that his 2011 test was "unreliable" and there were "problems" with the 2004 result.

On November 22, 2011, the Jamaican Anti-Doping Disciplinary



STEVE MULLINGS
Jamaican Sprinter tested positive for furosemide

Panel handed him a lifetime ban from athletics. They voted unanimously on the decision.

Mullings who was born 28 November 1982 specialized in the 100 and 200 metres events. He began his international athletics career with a bronze medal win in the 100 m at the Pan American Junior Championships.

Miami Heat extend winning streak

Dwyane Wade scored 23 points and the defending champions Miami Heat extended their winning streak to 19 games in beating the Atlanta Hawks 98-81 Tuesday night in the NBA.

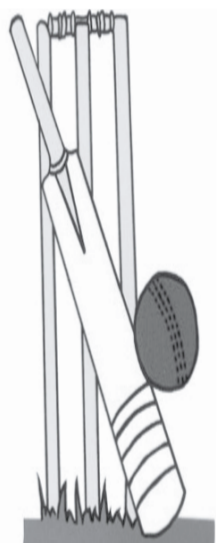
Dwight Howard scored a season-high 39 points, had 16 rebounds as the Los Angeles Lakers beat the Orlando Magic, 106-97. Other winners were Charlotte Bobcats, Cleveland Cavaliers, Minnesota Timberwolves and the Brooklyn Nets who beat the New Orleans Hornets 108-98.

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Sade Serena Debuts New Single And Video, "Tonight"

By Rhona Fox
Contributing Writer

New pop sensation Sade Serena makes a splash with her debut single and video for her hit club banger, "Tonight." The single was officially released by Island Def Jam Digital/Uprize Music on February 18 and the video hits worldwide today, March 4. Born Sade Serena Matthews in Miami, Florida, with Jamaican heritage via her parents, Sade Serena brings a diverse, edgy yet soulful sound to the pop music world.

"Tonight" is an instant party anthem that showcases Sade Serena's range and talent, lacing her butter-soft sultry vocals over a sizzling pop electronica rhythm. It was produced by Abe Stewart for Uprize Music, her management company and label. The video was shot on location in Miami, Florida and directed by Bobby Viera. It depicts the upbeat, fun theme of the single and follows Sade Serena on a night out with her girlfriends, hitting the club and having the time of their lives tonight.

"Tonight" is now available worldwide on iTunes and all major digital retailers from Island Def Jam Digital Distribution/Uprize Music.

Follow Sade Serena's rise to stardom at www.facebook.com/sadeserena or twitter.com/sadeserena. Please direct all management and media inquiries to Richard Myrie of Uprize Music at

'Fluffy Diva' Joins Linkup Radio

Popular Jamaican radio and television personality Khadine "Miss Kitty" Hylton joined the airwaves of LinkUp Radio WVIP 93.5 FM on Monday, March 4th, 2013. The "Fluffy Diva" is the new host of the morning show, "The Mawning Link With Miss Kitty" from 6am-10am EST Monday to Friday on the station.

A spectacular media personality, MC and recording artist, Khadine has over 13 years experience broadcasting on radio and television. She has hosted various events in her native Jamaica and abroad and has appeared on several prominent radio and television stations. Miss Kitty is also a well-known author, penning the sassy novel "Good Girl Gone Bad" in 2011.

Brett Rosenblatt, President of LinkUp Media Group of Companies said, "The LinkUp Radio family welcomes Miss Kitty with open arms and we look forward to a fun and longstanding relationship with her!"

After attending the University of the West Indies, Miss Kitty got involved in media in 1999 when she hosted RJR FM's "Youth Factor." She was then recruited by Reggae Entertainment Television (RETV) to serve as a host for their VIP Backstage feature. There, she interviewed recording artists from all over the world.

Miss Kitty is currently the vivacious and insightful female judge on the leading local hit series The Magnum Kings and Queens of Dancehall, which is in its 6th season. A sought-after motivational and inspirational speaker, Miss Kitty has been



Khadine "Miss Kitty" Hylton

tried, tested and proven as arguably the most diverse female in her field.

Hylton had this to say about her new show: "I love my fans and I'm so happy to be getting this opportunity to grow in a new market. Thanks LinkUp Media, the opportunity is sincerely appreciated and I will endeavor to deliver the best in edutainment for which I'm known."

David "Squeeze" Annakie, CEO of LinkUp Media Group of Companies said, "Our listeners want an entertaining morning show host, someone who they can relate to. The Caribbean audience has already fallen in love with Miss Kitty and we know the Caribbean-American audience of LinkUp Radio will too," he noted."

Cricket, wicket he knows how to stick!

The book everyone is talking about in Jamaica is now on its way to London. Author Tilsa C. Wright is spreading her fun, sensual, provocative three part series across the pond.

After watching a very popular London based webseries "Dear Jesus" back in September, Wright decided that a hard copy and excerpt from her series, should be featured in Season 2 which comes out March 4th.

"Cricket, Wicket He Knows How to Stick It" and "Stick Right Down The Middle"; is the cover lines used to market Wright's project to the masses.

Dear Jesus, story line is one of testing faith, the main character Mercedes, is a new Christian who faces an insurmountable challenges, and each day writes in her diary - Dear Jesus why me? "My main character in Star Boy does the same thing, she continues to write and question her personal problem with long time lover turn husband Brian Lane." says Wright, who has recently launched a radio promotional campaign in Jamaica with KLAS Sports FM, the leading Sports radio in Jamaica and caters to a vast number of Caribbean and European markets.

In a recent interview with a Trinidadian online media, Wright shares, "Many assumes Brian Lane is actually a real life retired Cricketer, but why should I say confirm or deny? I love keeping them in the guessing mood. The most important thing about this series is that we can all relate to its story line. That being about finding that special someone and keeping or hoping that they are meant to stay in our lives. Jamaicans back home are loving it!"



Tilisa C. Wright



Reggae Legend John Holt to Meet Fans at Laparkan

BROOKLYN:

Legendary Jamaican reggae artiste John Holt will be on hand this Saturday to greet fans and well-wishers at the Laparkan Shipping Church Avenue office in Brooklyn.

Holt will be in New York for the Linkage Caribbean Music Awards to be held Saturday evening in the auditorium of the Mount Vernon High School. He is the feature performer at this year's Awards Show.

Laparkan is among the sponsors of the Caribbean Music Awards which will feature appearances by, and presentation of awards to Holt, Bunny Wailer, Lady Saw and Cocoa Tea, among others.

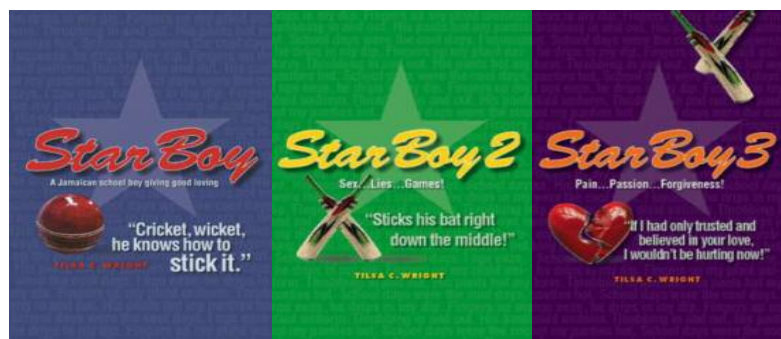
The special promotional Laparkan event on Saturday will begin at 11 a.m. and end at 1.00 p.m. at its office located at 3407 Church Avenue in Brooklyn. Fans of this top performer of the slower, more romantic genre of reggae music will have an opportunity to meet and interact with John Holt and to learn more about this Caribbean legend who for decades has wooed audiences around the world.

Among Holt's feats is his writing of the internationally popular hit 'The Tide is High' sung by Blondie and his live concert in London backed by the Royal Philharmonic Orchestra.

This event coincides with a special offer from Laparkan for persons shipping barrels or boxes to Jamaica from now until April 30th who will get a free shipment of an economy box. "The offer of a free shipment of an economy box to persons who ship their barrels with us is intended to help Jamaicans stretch their tax refund dollars in support of their families back home. Quite often all the goodies they buy for relatives don't fit in the barrels and so we are offering the free shipment of the economy box to handle their spillover items," said Laparkan's Associate Vice President, Gavin Khan.

"Jamaican and other fans of John Holt and of reggae music are invited to drop by the Laparkan office to have the opportunity to meet John Holt and to get his autograph. This will be an experience of a lifetime as John Holt is one of the foremost Jamaican artistes to help place reggae music in its rightful place among global music beats, especially on the lovers' rock scene," said Dawn Plummer, a Business Development Manager at Laparkan who hails from Jamaica.

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POLITICAL AFFAIRS

HISPANIC LEGISLATORS: Put Up or Shut Up

You should know that since the last presidential election, the Hispanic vote proved to be crucial throughout the nation, with the Democratic Party being its biggest beneficiary.

Here in New York State, especially in the City of New York, the Hispanic population is growing at such a dynamic pace that any candidates for any public office, let it be City Council, Borough President, Member of the Assembly, Senator, Member of Congress, Mayor, and Governor cannot ignore this fact.

I am not afraid to say that without the Hispanic vote, it will almost be impossible for any Governor to win in this state.

However, with all that influence, we are always being taken for granted. People use our pain and suffering just to promote their agendas and to get our sympathy – and then later play dumb with us.

You should know that in the next few weeks, the Budget for New York State will come before us in Albany for a vote of approval. You should also know there are all kinds of politicians, including many Hispanic leaders and elected officials promoting the Dream Act legislation.

Many of them are sending press releases on a daily basis telling the whole world how much they love and care for our immigrant population. In their press releases, they ask Governor Andrew Cuomo to help our immigrant students and to include the Dream Act legislation in this year's Budget.

What you dear readers should know is that our "distinguished" elected officials know very well that the Governor will not, and I repeat, WILL NOT include the Dream



WHAT YOU SHOULD KNOW

By
Senator Rev.
Rubén Díaz

Act in his Budget. With their press releases and public posturing these "distinguished" elected officials are trying to show that they support the immigrants, and that they want the Dream Act now. But, you should know that sometimes and somehow I get the impression that they are just putting on a show with no action to back it up.

You should know that there are six Hispanic Senators in the Senate, and close to fifteen Hispanic Members of the Assembly.

If they really want to fight for the Dream Act and if they honestly want it to be part of the Budget, then let all of the Hispanic legislators come together and take a vote that we will not vote for Governor Andrew Cuomo's Budget – none of it – not one single part of it – unless it includes the Dream Act.

Here in Albany, our votes are the only things that we really have to protect, to fight and to defend our community. Voting for Governor Cuomo's Budget without the Dream Act being included, will only be just another act of hypocrisy.

*-Rubén Díaz is a State Senator Democrat.
diaz@nysenate.gov; 718-991-3161*

Put New York on Job Growth

ALBANY:

NYGOP Chair Ed Cox recently released the following statement on the new unemployment numbers:

"Governor, where are the jobs?"

"For the second year in a row, no single area of New York saw a decline in unemployment. Not one. Today, 35 of New York's counties have unemployment rates above 10%.

"New Yorkers deserve a governor less focused on making New York the 'progressive capital' of America and more focused on creating jobs for out-of-work New Yorkers.



Ed Cox

"Until Andrew Cuomo gets serious about job creation, all he's doing is managing the decline of New York."

Richards Calls On DOT Not to Raise Municipal Lot Fares

QUEENS, ROSEDALE:

New York City's newest Councilman Donovan Richards will host his first press conference, the week after his official induction into the City Council, to speak out against the Department of Transportation's proposal to raise rates at Rosedale's Municipal Parking Lot. The 31st City Council District was heavily damaged by Super-Storm Sandy and these rate hikes will hurt an already damaged area.

"The rates at these municipal parking lots were increased by 20 percent this past year," Donovan Richards said. "Considering the current economic climate facing working families in my district, this recently proposed increase would disproportionately affect residents who rely on commuter rails and the parking areas they provide in order to ease



Donovan Richards

their commute to work. I am requesting that the Department of Transportation consider other measures to raise revenue without targeting communities already facing economic challenges."

The press conference will be held on Friday, March 15th at 10:00 am at the Rosedale Long Island Railroad Station located on the corner of Francis Lewis Boulevard and Sunrise Highway in Rosedale, NY 11422.

For More Information, Contact Malik Sanders at Msanders@council.nyc.gov or 718-471-7014.

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**DAD AND THE GIRLS:**

Marketing executive and president, UTech Alumni Association, N.Y. Metro Chapter, Sephron Mair raps with his daughters Simone and Safra at his 60th birthday party held in New Rochelle recently.

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-Aubrey Campbell Photo:

NEW JAMAICAN 'KOUNTRY STYLE' RESTAURANT OPENS:

Business partners Valsey Bartley (l) and Hope Wilson cut the ribbon to officially open their newest venture, Kountry Style Restaurant, in Queens, offering authentic Jamaican/Caribbean cuisine. The Kountry Style a Jamaican take out restaurant, officially opened its doors for business on Saturday, February 16. The restaurant, located at 198-18 Linden Blvd. in St. Albans is offering a Jamaican style menu featuring traditional meals which includes, ackee and salt fish, curried goat, escoveitch/steamed fish, jerk chicken and goat head soup (otherwise called, "mannish" water). The Kountry Style Restaurant can be reached at (718) 978-9161, Fax: (718) 978-9162, and by email: Kountrystyle2@gmail.com.

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-Aubrey Campbell Photo

CONCERNED JAMAICANS, RAPT ATTENTION:

Carlyle McKetty (l), President/Founder, Coalition to Preserve Reggae music (CPR) and Karlene Largie, President, Union of Jamaican Alumni Associations (USA), Inc, exchange thoughts on national security and justice at the end of a town hall meeting held at the Freedom Hall Church of God, Brooklyn, NY on February 20. McKetty and Largie were part of an audience of just under 200 Jamaican nationals on hand to hear key members of the Portia Simpson Miller Administration update the Diaspora on matters of national security and justice ahead of the Biennial Conference of the Jamaican Diaspora, slated for the Montego Bay Convention Center, Rose Hall, June 16-19, 2013.



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Dear Karen,

I have a nephew who was recently diagnosed with Attention disorder. No one in my family has this. His mother (my sister) and his father are against medication. What else can they do? -Lisa, Queens.

Dear Lisa,

A child is diagnosed with attention deficit hyperactivity disorder (ADHD), when s/he has difficulty focusing well enough to complete tasks that suit his/her age and intelligence. Children with ADHD are frequently described as being more impulsive, distractible, and restless than their same-aged peers. Although medication is commonly prescribed, there are other options they can explore before medication is considered.

First, the child's parents should seek services from a behavioral specialist who has experience working with children with ADHD. A behavioral specialist is usually a licensed psychologist. This professional can help them implement a structured behavioral intervention plan to address some of your nephews' behavioral difficulties.

Secondly, services and modifications through your nephew's school should be explored so that he is able to have more positive academic outcomes. For example, to reduce the number of distractions in the classroom during exams, he may benefit from being tested in a separate location.

Remember that failure, frustration, discouragement, low self-esteem and depression, in many cases, cause more problems than the disorder itself. So, instill a sense of competence in your nephew by encouraging your family to promote his strengths, talents, and self-worth. Most of all be patient, the disorder may take a long time to improve.

Karen Gordon is a school psychologist, who has had more than 12 years experience working with children and families. She is also a former adjunct professor in Psychology at Bronx Community College. Her agency, Citywide Child and Family Services, is based in Queens. Questions can be sent directly to Citywidetherapy@hotmail.com.

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TODAY'S READRES, TOMORROW'S LEADERS:

Education stakeholders in New York, attended the launch of the GraceKennedy Money Services/Western Union - Union of Jamaican Alumni Association (USA), Inc. I PLEDGE Education Program at the Consulate General of Jamaica, Manhattan, on Tuesday, March 5, 2013. Four schools from New York will participate in a one week, reading series starting March 18. Four of the participating students, (l-r): Nathaniel Comrie, Parris-Jade Comrie, Elijah Richards and Tyrese Honeyghan, stand with sponsors, presenters and teachers at the reception. (l-R): Garfield Comrie, GKMS/WU; Herman G. LaMont, Consul General of Jamaica to New York; Sandra Chapman, Deputy Borough President/Brooklyn; Noel Greenland, Senior VP/Operations & Marketing, GKMS/WU; Karlene Largie, President-Union of Jamaican Alumni Associations (USA), Inc; Shubert Jacobs, Principal-Bronx Charter School for Better Learning, Bronx; and Sheree Palmer, Principal-Cambria Center for the Gifted, Queens.

Summer Employment Opportunity for Mount Vernon Youth

MOUNT VERNON:

Mayor Ernest D. Davis and DaMia Harris, Executive Director of the Youth Bureau want to remind youth ages 14 -18 that 2013 Summer Youth Employment applications are now available on the following website: www.cmvny.com

Applications will also be available throughout the middle and high schools beginning March 11th thru April 5th, 2013.

Students currently in school are encouraged to print out an application at one of the listed websites. Completed applications (both front and back) should be returned to the Youth Bureau with all required original documents. Applications will be accepted during the week of April

8th thru April 12th between the hours of 3:00 pm - 4:00 pm to the Youth Bureau -Room 307.

Youth must be a Mount Vernon resident in order to be considered for 2013 Summer Youth Employment. Submission of an application does not guarantee eligibility or employment into the program. Employment is competitive.

"The City is dedicated to providing youth with transferable skills and meaningful introductions into the workplace. In order to ensure a bright future, our young people must learn how to develop a positive work ethic which includes responsibility, punctuality and team work," said Mayor Davis.

"The goal of the program is to develop

21st Century youth competencies related to the workplace. Through paid work experiences, participants will learn to juxtapose the basic skills that have been acquired in school with the soft skills that are learned in the workplace," said DaMia Harris, executive director of the Mount Vernon Youth Bureau.


Given the economic climate, the department is seeking donations for employment and training programs that operate throughout the year.

For further
information contact
DaMia Harris

9146652344 or dharris@cmvny.com

Debbie Burrell-Butler

9146652346 dburrell@cmvny.com.




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BEAUTY CARE

Hair Tips and Advice for Women

For many women, your hair is your crown and glory. It is an expression of your personality and the image you want to project about your lifestyle and values.

But in the search for personal expression, some of us have made our hair limp, damaged, brittle, and stressed from heat, chemicals, and mechanical manipulation.

To restore your hair back to its glory and regain a head of hair you are proud of, here are some tips to keep your hair healthy, current, and complimentary to your persona and lifestyle.

1. Consider your lifestyle when choosing your hairstyle.

How busy your life is and the type of work you do and plan to do is an important factor in choosing your hairstyle. If you live a busy life, then you don't want a hairstyle that is hard to maintain or a cut that requires too much time for upkeep. That doesn't help you at all. Instead, look through magazines and discuss with your stylist options that let you keep your upkeep to a minimum and allows some flexibility with styling on a daily basis.

2. Every hairstyle doesn't work for every person.

We all see hairstyles and cuts that are great on celebrities and people we see every day and we may want those styles on our own heads. But what many women do not realize is that just because it looks good that way on a celebrity or your best friend, does not mean that it will look the same way on you.

3. Trim your hair regularly.

Whether your hair is short, medium, or long, regular trims are necessary to keep your hair healthy. If the stylist does not get



rid of breakage and split ends, it will continue up the hair shaft and more hair will have to be cut. Getting a regular trim will help keep the amount of this breakage to a minimum and keep the breakage from traveling further up your hair shaft. This is important regardless of how long or short you want your hair. Remember that breakage and split ends can look like frizz on certain types of hair and you will want to avoid that as well.

4. Reduce the amount of chemicals used on your hair.

Be sure to keep your chemical use to a minimum. Although I have discussed other things that can damage your hair, this is one of the most frequent offenders in the

form of color services, perms, relaxers, and curl reformation.

Remember that the end goal is to have your hair as healthy as possible and represent you in the best way possible.

By consulting with your stylist and keeping your hair healthy at home, you will be able to keep your hair in a position to try out many different complimentary hairstyles and enjoy a healthy head of hair at the same time.



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New US visa immigration reforms will affect Jamaicans

Courtesy of rjrnews.com

Jamaicans waiting to join their relatives in the United States are among persons who will be affected by major changes being crafted for the US family visa programme as part of immigration reforms.

A report in Thursday's issue of the Washington Post newspaper revealed that key Senators are developing plans that will make it harder for US citizens to get visas for their family members while easing the path for more high-skilled foreign workers.

The plans — which would run counter to policies that have been in place for generations — are part of on-going talks involving a bipartisan group of eight Senators, whose bill is expected to serve as the template for a comprehensive immigration deal between Congress and the

White House.

The Senators agree that a limited number of people should be allowed into the US each year.

According to the US-based Migration Policy Institute, about two-thirds of legal immigrants are admitted for family reasons and 14 per cent for employment. The rest are humanitarian cases.

Republicans are in favor of admitting greater numbers of high-skilled workers, who business leaders say are in short supply and would provide an immediate economic benefit. Democrats want priority to be given to family members of citizens and legal residents in the US, saying they provide support networks that help families thrive.

As it stands, spouses and minor children of citizens are given top priority, followed by unmarried

children over 21 and, then married adult children and siblings.

The Senate proposal would eliminate the latter two categories altogether, which add up to about 90,000 visas per year.

Those people could still apply for entry into the country but would need other qualifications, such as high-tech skills, to be approved for a green card.

The group of Senators, which includes four Democrats and four Republicans, has said it will release a comprehensive bill next month.

The Obama administration has expressed support for the group's general principles. However, the proposed changes to the family system have angered immigration advocates, who warn the move could threaten the chances of a broader reform agreement.



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Flat Rent Ensures All Residents Will Pay Equal Share

As NYCHA continues to face underfunding from the federal government, its buildings get older and the waiting list for public housing sits at more than 160,000, the Authority keeps looking for new ways to secure and maximize funding sources and improve delivery of services in order to preserve public housing in New York City.

One critical way NYCHA will do that is by restoring rent equity to ensure that all residents pay 30 percent of their income toward rent.

More than 47,000 NYCHA households currently pay less than 30 percent of their income toward rent. To make sure all residents are subject to the same standards, NYCHA will increase rent maximums and gradually raise rents for these households, by up to 30 percent of their income based on the federal Department of Housing and Urban Development's (HUD) affordable fair market rent. This is consistent with what housing authorities in other cities do. NYCHA estimates it will retain an additional \$135 million, which will be used to better maintain building services and property upgrades for all developments.

Households that pay less than 30 percent of their annual income toward rent have an average income of more than \$48,000, but they pay an average of only 21 percent of that income for their monthly rent. Eighty-six percent

Rent maximums- 2013 Studio \$946	
1 bedroom	\$1,024
2 bedroom	\$1,139
3 bedroom	\$1,402
4 bedroom	\$1,576
5 bedroom	\$1,813
6 bedroom	\$2,049

of these households earn their income from having a job. The average household income NYCHA-wide is less than \$24,000. Under the new policy, the more money a resident earns, the higher his/her monthly rent will be, bringing them closer to their fair share of rent.

The vast majority of residents — more than 70 percent — already pays 30 percent of income in rent and will not be affected. The change to NYCHA's rental policy was discussed with residents at its Draft Annual Plan roundtable discussions in 2012. At those meetings, most resident leaders and residents supported the change and many spoke out in support of it.

The overall average rent increase for affected households in 2013 will be \$58. The increase will be phased in gradually over the next five years, beginning in May. The exact amount of the increase will be calculated as a part of residents' annual review process, and notices started going out with the March rent bill. Residents can get an estimate of their new rent by using the "Flat Rent Calculator" on NYCHA's website

www.nyc.gov/nycharentool.

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Jealousy in Relationships

Jealousy is a reaction to a perceived threat (real or imagined) to a valued relationship or to its quality. Whether you are the jealous partner or whether your spouse is the jealous one, irrational jealousy can eventually destroy your marriage.

Jealous individuals experience a multitude of feelings including fear, anger and humiliation, sense of failure, feeling suspicious, threatened, rage, grief, worry, envy, sadness, doubt, pain, and self-pity. It keeps us under a sense of discouraging frustration and disappointment.

It makes us gloomy. It is such a depressing feeling that we cannot tell about it to even our best friends nor can we contain it within ourselves. Consequently, it leaves us with an inconvenience of a peculiar misery and if allowed to grow unchecked beyond a limit, it works like a slow poison to our healthy nature. Jealousy can be caused by many factors.

- Unrealistic expectations about marriage in general.
- Unrealistic expectations about your relationship with your spouse.
- A misguided sense of ownership of your spouse.
- Hurtful experience of abandonment in the past.
- Poor self-image.
- Insecurity.
- Fear of being abandoned or betrayed.
- Fear of losing someone or something important to them.
- Intense possessiveness.
- A desire to control.

People who feel secure and like themselves tend to be less jealous of others and less possessive of their partners, while those who have experienced abandonment or betrayal in their lives can become overwhelmed with jealousy. If you feel jealous,



or if your partner does, it doesn't matter. Eventually, jealousy will erode your relationship and destroy your marriage. Jealousy is a way to exert control in a relationship. Getting control of your jealousy does not mean getting control of your partner, it means getting a handle on your own emotions.

Can jealousy be overcome? The answer is yes, but with great effort. Like most other difficult emotional experiences, jealousy, if treated correctly, can be a trigger for growth. It can become the first step in increased self-awareness and greater understanding both of your mate and of the relationship.

- Admit your jealous behavior and accept that your jealousy is hurting your marriage.
- Discuss the roots of your or your spouse's jealous feelings.
- Don't spy on your spouse.
- As a jealous spouse, make a decision to change your behavior. You may need to get individual counseling.
- Realize you can't control someone else.
- Together, set fair ground rules that you can both live with.
- If you are the non-jealous partner, don't lie or try to hide where you are or what you are doing.
- Seek professional help as a couple.

Source: www.marriage.about.com

ADVICE
COLUMN

BY
DIVINE DIVA

Unhappy Couple Can't Agree
on Best Way to Break Up

Dear Divine:

My wife of 10 years, "Michelle," and I argue constantly. We can't seem to agree on anything, have few common interests and don't enjoy our time together. Our love life is nonexistent. We have gone to three marriage counselors and it hasn't helped. We now "get along" by avoiding each other.

I think it's time we faced the fact that we're never going to be happy together. When I bring this up with Michelle, she gets angry and launches into the same old rage, saying if I want a divorce I'll have to get a lawyer.

Divorce will be difficult and costly enough without having to drag lawyers into it. I'd like us to agree that it's time to split and use a mediator to work out the details. It will save us a lot of money and, hopefully, make the divorce less acrimonious.

I don't understand why Michelle wants to stay together when she's so unhappy and we're unable to make things

better. How can I make her see that separating -- in as kind a way as possible -- will be best for us and the kids included?

- David From Mt. Vernon

Dear David:

Your wife may prefer the evils she's living with to the unknown of being a divorcee with children. However, when a marriage is over -- it's over. And when it reaches the stage that yours has, what both parties need to be most concerned about is preservation of assets, so they aren't dissipated in attorney's fees.

I have seen both kinds of divorces -- one in which the warring spouses spent so much money in litigation there was little left for each of them when it was over; and the other, in which the couple agreed their marriage was broken beyond repair and arranged their divorce with as little cost as possible. I don't have to tell you which people are doing well now. So clip this and share it with your wife.

-Always Divine Diva

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HOROSCOPE

ARIES (Mar. 21 – Apr. 19): Too much emotional attachment in a personal relationship can make you feel antsy, since you value your independence. You may be eager to make a commitment without any fear of being tied down. Perhaps your current relationship is different.

TAURUS (Apr. 20 – May 20): You have important issues on your mind, but circumstances may not give you the time you need to develop your ideas into useful ones. You are hesitant to cut corners because you fear that something will be lost in the translation.

GEMINI (May 21 – Jun. 20): Everywhere you look you see signs that advise you to stop and think things through before opening your mouth. Most of the time, you prefer jumping in and figuring out where you are going as you are talking, but this isn't such a great strategy.

CANCER (Jun. 21 – Jul. 22): You're revitalized with the prospects of getting to the core of the matter. Your perspective is intense now, so take it easy on others. They may not have the same ability or desire to dredge up the water from the bottom of the well.

LEO (Jul. 23 – Aug. 22): Your thoughts appear to be out in the open now, even if you are still withholding something personal. There may be another layer of your emotions lurking just beneath the surface, and unless you feel completely safe, no one will ever know. Don't try to force any issues.

VIRGO (Aug. 23 – Sept. 22): Although it seems as if you know what your partner or friend is thinking, your intuition might raise unnecessary concerns over unimportant details. It can be tricky trying to separate the real worries from the imagined, but the solution may ultimately be in the hands of another.

LIBRA (Sept. 23 –

Oct.22): It's hard to accept that things are getting better, yet they truly are improving now. You just need to get through the next couple of days of intense planning and realistic thinking. Rewards won't just show up out of the blue, but they will come if you apply yourself to the work at hand.

SCORPIO (Oct. 23 – Nov. 21): You are looking at your long-term personal goals through a very practical filter now. It isn't that you have lost your ability to imagine an idyllic future; it's just that your dreams are more likely than ever to manifest as reality.

SAGITTARIUS (Nov. 22 – Dec.21): Your current path in life is moving you into deeper places and you're along for the ride. There are many lessons to learn now as you turn your attention toward deciphering what's motivating you in your search for meaning.

CAPRICORN (Dec. 22 – Jan. 19): You want to spend more time with others now, but not just for lighthearted play. There are critical subjects on your mind and you need feedback from the people that you trust the most. Go ahead and share what you are thinking, since your ability to manage many complex thoughts is greater than usual.

AQUARIUS (Jan. 20 – Feb. 18): Discomfort arises if others don't take you as seriously as you want. You're in a productive phase and you want to be recognized for your hard work. Don't worry if your coworkers aren't even aware of your efforts.

PISCES (Feb. 19 – Marh 20): It's not easy to relax and enjoy yourself because there are too many practical issues weighing on your mind. You might prefer to postpone the fun and games until you have taken care of business. This may be the best tactic for you now, but don't completely forget about enjoying yourself.



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HEALTH & NUTRITION

New Yorkers 50 and Older Urge to Get a Colonoscopy

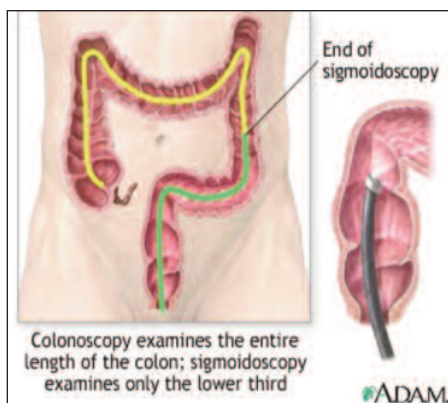
The New York City Health and Hospitals Corporation (HHC) recently urged all New Yorkers 50 and older to undergo a potentially life-saving colon cancer screening as part of Colorectal Cancer Awareness Month.

Last year, HHC doctors performed more than 21,000 colonoscopies and removed pre-cancerous polyps in more than 22 percent of the cases at city public hospitals.

"If you're 50 or older, it's time for a colonoscopy," said HHC President Alan D. Aviles. "A colonoscopy can find potentially precancerous growths and remove them before they turn into cancer. Our goal is to make this screening test a routine part of healthcare for all New Yorkers over the age of 50. It is important for all of us to remind our family members, friends and other New Yorkers about the importance of early screening to prevent this deadly disease."

In New York City, colorectal cancer is the second deadliest cancer, killing approximately 1,400 New Yorkers each year. Yet 90 percent of colorectal cancers are curable when caught in the early stages, according to the American Society of Colon and Rectal Surgeons.

"Many times there are no signs or symptoms of potentially pre-cancerous colon polyps or early colon cancers. This is why getting screened before you have signs or symptoms is so important," said Dr. Susan Williams, Chief of Gastroenterology at Metropolitan Hospital Center.



At HHC public hospitals last year, doctors performed 21,443 colonoscopies, compared to 11,829 colonoscopies in 2003. Last year doctors removed pre-cancerous polyps - abnormal growths in the colon or rectum - from 4,779 patients, or more than 22 percent of the total colonoscopies. That is in line with the national average of 15 percent for women and 25 percent for men.

Men and women over age 50 should have a colorectal screening at least once every 10 years. Individuals with a family history of colorectal cancer should speak with their healthcare provider about accelerated screening starting at age 45 or earlier. HHC is committed to colon cancer prevention and early detection and colonoscopies are available at little or no cost year round at all 11 public hospitals.

New Yorkers can call 311 or visit www.nyc.gov/hhc to find a nearby HHC public hospital and to learn more about preventing colon cancer.

An Urgent Appeal

We need \$5 M to purchase two Linear Accelerator Machines for Jamaica



I am appealing to everyone especially our Caribbean brothers and sisters. I have been asked to purchase a Linear Accelerator Machine for Cornwall Regional Hospital in Montego Bay, Jamaica costing approximately US \$5 Million. I met with the Minister of Health, Dr. Fenton Ferguson a few weeks ago. He asked if I can purchase two machines as Kingston needs one also.

If 500,000 people give a one-time donation of \$10, we will be closer to our goal.

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NutriCare

By

Gloria Bent, MS, RD, CDN, Nutritionist

Questions & Comments: Gloria.Bent@gmail.com

March is National Nutrition Month

It is a time to consume healthy foods and exercise for a sound mind body, and soul. It is a month dedicated to revitalizing our cells, arteries, heart, and to embrace a healthy lifestyle and practice it one step at a time.

It is time to lose weight and engage in regular exercises, lower blood sugar, and blood pressure, reduce obesity and reduce the risk of other diet related chronic diseases such as cancer. Certainly these healthy habits should not be limited to National Nutrition Month alone but for the duration of one's life.



Therefore, National Nutrition Month is also a reminder for those who do not engage in healthy eating and exercise habits to adopt lifestyle changes that will last, and will contribute to a better quality of life.

Breakfast

...the smallest and most important meal of the day!

Try to eat a balanced breakfast of whole grains, protein, fiber, and fruit. But if you can't, even eating just a little something (like a glass of 1% milk) makes a huge difference!

4 Reasons to Eat Breakfast:

- Better Focus and Concentration.**
People who eat breakfast tend to have better short-term memory, perform better on tests, and think clearer because the body needs glucose (from foods with carbohydrates) in order to make the brain work right!
- Helps Control Weight.**
When you eat a balanced breakfast you are more likely to eat smaller lunches and dinners, and fewer calories overall.
- Get More of the Vitamins You Need!**
When you eat breakfast you get another chance to get good sources of vitamins and minerals, whereas when you skip breakfast, later on you're usually too hungry to look for nutritious and healthy foods!
- Prevention/Management of Diabetes.**
Eating breakfast helps maintain blood sugar levels, and prevents the crashes and spikes in blood sugar that can lead to diabetes.

Healthy Breakfast Ideas:

- Low-fat cottage cheese or yogurt
- Hard-boiled eggs instead of fried or scrambled eggs
- Fresh fruits or dried fruits such as apricots or dates
- A handful of walnuts or almonds, or sugar-free peanut butter on whole-wheat bread
- Canned tuna fish or sardines

Diabetes Self-Management Classes

The Brooklyn Partnership to Drive Down Diabetes (BP3D) is offering FREE 6-week diabetes courses.

Please contact Nicole Thomas at 718-462-8654 x37004 or nicolet@camba.org to register for any of the following classes.

- Wednesdays March 6 to April 10 from 6:00pm-8:00pm; Bedford Academy High School; 1119 Bedford Avenue, Brooklyn, NY 11216

- Tuesdays March 12 to April 16 from 10:00am-12:00pm; Van Dyke II, 430 Dumont Avenue, Brooklyn, NY 11212

- Tuesdays March 12 to April 16 from 5:00pm-7:00pm; Brownsville Multi-Service Family Health Center, 592 Rockaway Avenue, Brooklyn, NY 11212

- Thursdays March 14 to April 18 from 3:00pm-5:00pm; Prospect Park YMCA, 357 Ninth Street, Brooklyn, NY 11215

- Wednesdays May 15 to June 19 from 6:30pm-8:30pm; Spring Creek/Brooklyn Sports Club, 1540 Van Siclen Avenue, Brooklyn, NY 11239

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Starting your own business can be an exciting and rewarding experience. It can offer numerous advantages such as being your own boss, setting your own schedule and making a living doing something you enjoy. But, becoming a successful entrepreneur requires thorough planning, creativity and hard work. Consider whether you have the following characteristics and skills commonly associated with successful entrepreneurs:

Comfortable with taking risks: Being your own boss also means you're the one making tough decisions. Entrepreneurship involves uncertainty. Do you avoid uncertainty in life at all costs? If yes, then entrepreneurship may not be the best fit for you. Do you enjoy the thrill of taking calculated risks? Then read on.

Independent: Entrepreneurs have to make a lot of decisions on their own. If you find you can trust your instincts —and you're not afraid of rejection every now and then — you could be on your way to being an entrepreneur.

Persuasive: You may have the greatest idea in the world, but if you cannot persuade customers, employees and potential lenders or partners, you may find entrepreneurship to be challenging. If you enjoy public speaking, engage new people with ease and find you make compelling arguments grounded in facts, it's likely you're poised to make your idea succeed.

Able to negotiate: As a small business owner, you will need to negotiate everything from leases to contract terms to rates. Polished negotiation skills will help you save money and keep your business running smoothly.

Creative: Are you able to think of new ideas? Can you imagine new ways to solve problems? Entrepreneurs must be able to think creatively. If you have insights on how to take advantage of new opportunities, entrepreneurship may be a good fit.

Supported by others: Before you start a business, it's important to have a strong sup-

port system in place. You'll be forced to make many important decisions, especially in the first months of opening your business. If you do not have a support network of people to help you, consider finding a business mentor. A business mentor is someone who is experienced, successful and willing to provide advice and guidance.



BUSINESS TALK: Show promoter and radio DJ, Tony Cobb (l) talks businessman, Bobby Beaumont and freelance journalist Anthony Turner at birthday party for community leader Sephron Mair held recently in New Rochelle.



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Garvey School Promotes Progressive Teaching Strategies

Bronx:

In keeping with its continuous effort to communicate with the community, the Garvey School, a private, co-educational PK-8 school which utilizes both traditional and progressive teaching strategies will host an open house at its Bronx location on March 23 at 5pm. "The open house is expected to increase awareness about our successful school program" said Jamaican born founder and principal June O'Conner.



June O'Conner.
Founder and principal
The Garvey School

"Our children will perform, greet guests and conduct a tour of the site after a presentation in our auditorium. Former parents will do mini presentations about their experiences at Garvey. It will be packed with information/stats that will be very helpful in navigating the educational system" she said.

The Garvey School is named after the late Marcus Mosiah Garvey a national

hero of Jamaica. He was a visionary who understood that true education is liberating and empowering, and if it is to be, it is up to us.

"When my daughter was ready to attend school, neighborhood schools were my only option but I felt they were unequal in all respects. To get the results I desired, I created a learning environment in my living room, and shortly after in my house. As word got out that children of color were in a small group setting, and getting the benefits of one-on-one tutoring, others came knocking. The students were learning to play the piano, getting voice lessons, playing tennis, performing in plays, and participating in oratorical exercises on a regular basis, while academic progress was exceptional. Parents have a strong/earnest desire to educate their children well, and so they came to seek well for their children" O'Conner noted.

Garvey School has since been steadfastly and successfully preparing students in the Northeast Bronx to perform much better than anticipated, and to challenge boundaries in all areas. So far, it has been working; results of standardized tests, number of children who have transitioned to elite private schools, and talented and gifted program increase each year.

Further, children who attend the institution are confident, articulate and ready to navigate the world. The Garvey experience includes languages: Highly trained and native speakers teach the children Spanish and French 3-4 times per week.

The Garvey School, 950 Baychester Avenue, Bronx NY 10475

• 646 851 5634; oconnorj@garveyschool.org • thegarveyschool@gmail.com
• www.garveyschool.org.



JAMAICAN AUTHOR IN CONVERSATION AT NY BOOK LAUNCH:

Jamaican author and forensic document examiner Beverley East engages in a lively discussion with Christopher Castriota, Community Relations Officer at the Consulate General of Jamaica in New York and Stan Mirvis, doctoral candidate at the Graduate Center of the City University of New York specializing in Jewish history. The animated conversation took place following the New York launch of her latest work *Bat Mizvah Girl: Memories of a Jamaican Child* at the midtown offices of Finn Partners, the public relations agency of record for the Jamaica Tourist Board (JTB).

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